

Present Tense

Present Perfect Continuous Tense

It is used to express a continued or going action that started in past and is continued until now. There will be a time reference, such as “since 1980, for three hours etc.” from which the action has been started.

Uses of present perfect continuous tense:

- Actions that started in past and continue in present.
- Action that have recently stopped.

Note:

We used ‘since’ with a fixed time in the past (2004, April 23rd, last year, two hours ago). The fixed time can be another action, indicated with the past simple (e.g. since I was at school etc.)

Examples.

I have known Yuri since 1992.

I have liked chocolate since I was a child.

We use ‘for’ with a period of time (2 hours, three hours, six months).

Examples.

I have known Hamid for ten years.

I have been hungry for hours.

Sentence Structure of Present Perfect Continuous Tense

Structure of Simple/Positive Sentence:

He/She/Singular noun + has been + (ing form of verb) + Object + time reference.

I/We/You/They/Plural noun + have been (ing form of verb) + Object + time reference.

Note: with ‘he, she, it, singular noun’ helping verb ‘has been’ is used and with ‘I, we, you, they, plural noun’ helping verb ‘have been’ is used.

Simple Sentences:

He has been playing in the hall for 1 hour.	She has been taking care of her health since 1990.
It has been Sleeping on the sofa for three hours.	I have been watching T.V. for two hours
We have been speaking good English for two years.	You have been telling a story for 4 hours.

Structure of Negative Sentence:

He/She/Singular noun + has not been + (ing form of verb) + Object + time reference.

I/We/You/They/Plural noun + have not been + (ing form of verb) + Object + time reference.

Note: with ‘**he, she, it, singular noun**’ helping verb ‘**has been**’ is used and with ‘**I, we, you, they, plural noun**’ helping verb ‘**have been**’ is used.

Negative Sentences:

He has not been playing in the hall for 1 hour.	She has not been taking care of her health since 1990.
It has been not Sleeping on the sofa for three hours.	I have not been watching T.V. for two hours
We have not been speaking good English for two years.	You have not been telling a story for 4 hours.

Structure of Interrogative Sentence:

Has + He/She/Singular noun + been + (ing form of verb) + Object + time reference?

Have + I/We/You/They/Plural noun + been + (ing form of verb) + Object + time reference?

Note: with ‘**he, she, it, singular noun**’ helping verb ‘**has been**’ is used and with ‘**I, we, you, they, plural noun**’ helping verb ‘**have been**’ is used.

Interrogative Sentences:

Has he been playing in the hall for 1 hour?	Has she been taking care of her health since 1990?
Has it been Sleeping on the sofa for three hours?	Have I been watching T.V. for two hours?
Have we been speaking good English for two years?	Have you been telling a story for 4 hours?